0.72
196b

Moscow, May, 1931 Extension Bulletin No. 81

UNIVERSITY OF IDAHO
College of Agriculture
Extension Division

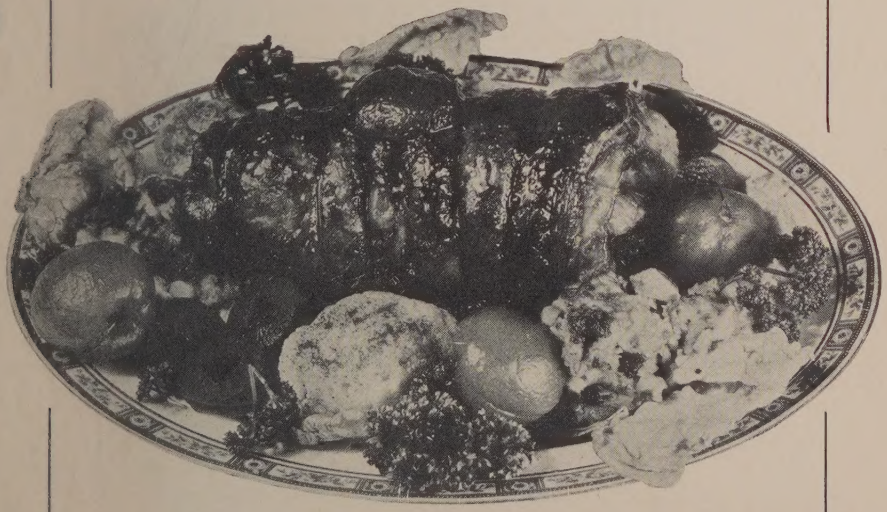
E. J. IDDINGS
Director

UNIVERSITY OF ARIZONA LIBRARY

Lamb Is Always in Season

By

Marion M. Hepworth
State Home Demonstration Leader



COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS OF THE STATE OF IDAHO, UNIVERSITY OF IDAHO COLLEGE OF AGRICULTURE AND UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

Nutrition Section

Lamb Is Always in Season

By

MARION M. HEPWORTH

State Home Demonstration Leader

THIS BULLETIN is devoted to a more complete utilization of the whole carcass of lamb or mutton by preparing the Less Used Cuts and using these with other Idaho products.

In the recipes used in this bulletin, lard is used for cooking purposes.

Lamb is in season in Idaho the entire year. Lamb is remarkably suited to use and to any occasion and should be utilized as a food more completely than it has been.

Lamb and mutton and other meat products are making a definite contribution in the economic life of Idaho and the Northwest. The housewife who does the planning of the family meal and those who purchase food supplies, can add to the food value of the meals by using lamb frequently and help add to the economic resources of the State by promoting a better utilization of the less used cuts of lamb.

There are several mistaken ideas which have helped to add to the cost of lamb as a food.

Lamb Fallacies

1. *Only certain cuts are usable.* This is a serious mistake, both to the consumer and to the producer of lamb. The forequarter cuts are tender; just as easily prepared; need no special effort in preparation, and are just as suited to any type of meal, whether it be the family meal or one designed for special occasions. This demand for only certain portions makes a heavy demand on the hindquarters only and no market man nor any situation can keep low prices on meat products when only one portion of the carcass is used.

2. *Lamb in season only at certain periods.* Lamb is a year around product. It is a tender, appetizing food, suited to almost any appetite or occasion.

3. *Always serve peas with lamb.* Lamb goes well with a large variety of vegetables and peas should be varied with any suitable vegetable.

4. *Mint sauce and currant jelly best suited to serve with lamb.* Apricot sauce is a good substitute for mint sauce. It is particularly suited to lamb and has been used in some of the following recipes.

Use Various Cuts of Lambs

With the continual demand for only leg of lamb or lamb chops, leaving over half of the carcass unused, there will be a continual high price of lamb cuts. By using some of the less used cuts, there is an economic factor that comes into consideration. Added to this, these

parts are as nutritious as any; they have excellent flavor; are easily prepared and are much cheaper in price.

Food Value Important

The food value of lamb is an important factor to consider, if it is to contribute to a well-balanced meal. Dr. H. C. Sherman, in the Chemistry of Food and Nutrition, says: "Keep in mind the importance of a well-balanced knowledge of all four main factors of nutritive requirements, calories, protein, mineral elements and vitamins."

Quoting Dr. C. R. Moulton: "There must be protein in adequate quantity and quality. We can no longer compare one pound of food to that in another, but must look to the makeup to see that we have the proper combinations of these building stones."

Dr. Ella Woods, of the Idaho Agricultural Experiment Station, says: "Every food so long as it is clean and wholesome can contribute something to the day's meal; our problem is to choose each so that it will supplement, rather than add to the other; each must be chosen with reason and each must play its part."

A variety of food from various sources is necessary to contribute to the best nutrition and meat has a very definite place in a well-balanced meal. A definite amount of protein is necessary for normal human nutrition. Animal proteins are complete proteins. There are certain pertinent facts concerning the food value of lamb. We find that lamb is:

1. A good source of iron.
2. High in phosphorus.
3. High in protein.
4. High in fat, the proportion varying with the cut.
5. High in vitamins A and B, contained in the liver and kidneys.
6. Appetizing and has a "staying quality" necessary to the worker.
7. A balanced meal when supplemented by fruits, vegetables and milk.
8. It is completely and easily digested, palatable, good in flavor and can be served with a large variety of vegetables and fruits.

It is important to know the cuts and selections of lamb and it is advisable to know certain by-roads that will improve some cuts.

> By combining oil and vinegar, three parts vinegar to one part of oil and applying this mixture to the meat, any lean meat can be improved. This is particularly true of mutton. It helps to develop tenderness and

flavor. This method may also be of aid in keeping small portions of meat from spoiling.

Suitable Vegetables and Garnishes

Many vegetables are suited to the flavor of lamb. There is an advantage to be gained in changing and serving the same cut of meat with various vegetables. The following vegetables and garnishes are particularly suited:

Vegetables

Potatoes	Turnips
Onions	Peas
Cauliflower	Carrots
String Beans	Celery
Asparagus	Spinach

Sliced or quartered Tomatoes

Suggested Garnishes

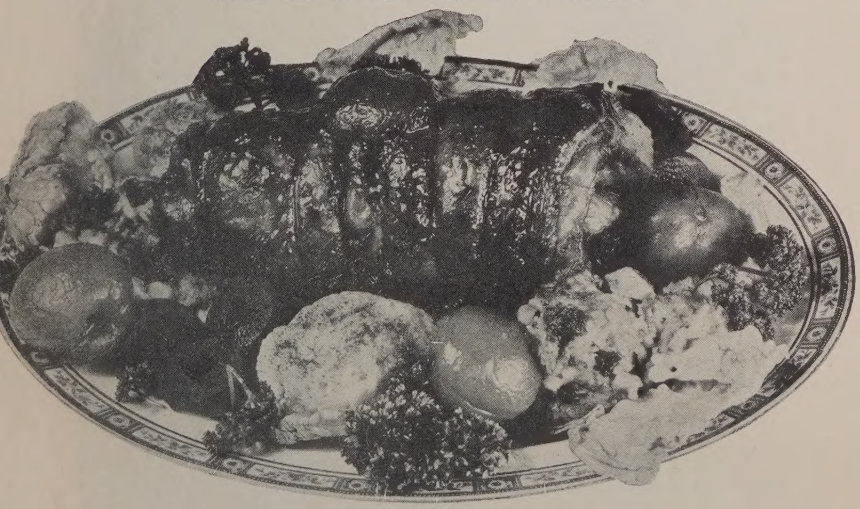
Glazed Prunes	Glazed Apricots

Potato cups filled with peas or string beans, cut
Pineapple ring filled with red jelly
Bright colored relish arranged in a lettuce leaf
Whole or halves of canned or spiced peaches

Cinnamon Apples	Watercress
Parsley	Lettuce

Or any vegetable served with lamb.

Lamb Served With Other Idaho Products



Rolled Breast of Lamb

Garnished With Glazed Apricots, Apricot Sauce, Whole Cooked Onions Cauliflower and Parsley

Rolled Breast of Lamb

Rolled Breast of Lamb with Apricot Sauce utilizes two Idaho products; more than that it changes the accompanying sauce from the age old mint sauce to one that has a tart and appetizing flavor suited to lamb.

The Rolled Breast of Lamb is a boneless cut. It can be roasted with or without a cover. The method used here is as follows: Wipe with damp cloth, season with salt and pepper, sear well then add a small amount of water, a few pieces of celery, small carrots, cook until tender, using a covered roaster. One-half hour before cooking is finished, baste with an apricot sauce and continue cooking. Breast of lamb may be roasted satisfactorily without a cover, particularly in an electric oven. This cut is boneless and easily carved into slices across the grain of the meat.

Apricot Sauce

Apricot Sauce is prepared as follows: two cups of cooked apricot juice and fruit. Rub some of the apricots through the colander; reserve some halves for garnish. Add three-fourths cup of sugar, put on the stove and cook slowly. Baste the rolled breast of lamb with this and use as a sauce when served at the table. Put in the reserved halves or whole apricots to be used for garnish and let cook with the same.

Rolled Shoulder of Lamb

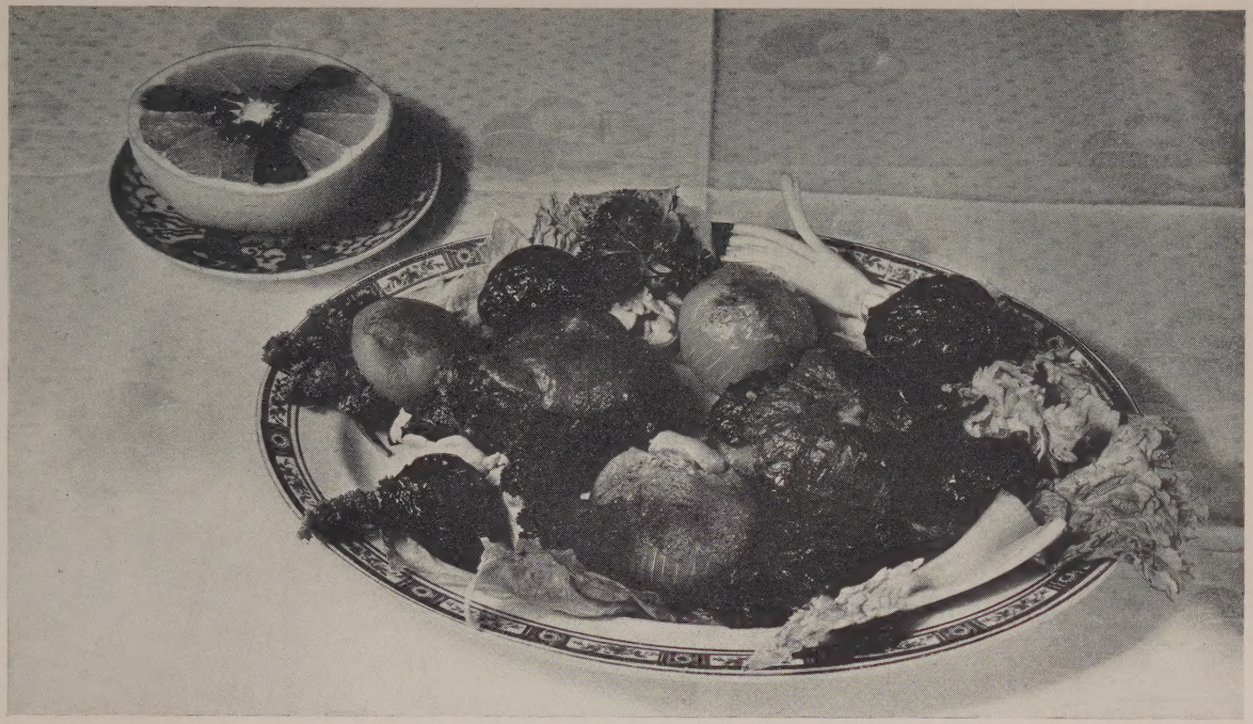
The Rolled Shoulder of Lamb is a convenient size for a roast. It will need to be skewered or sewed together to hold in shape. To prepare, wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper and pile the dressing in lightly, and sew the edges together. Rub the outside of the roll with salt, pepper and flour. Place on a rack in an uncovered pan without water in a hot oven. Cook for thirty minutes. Reduce the temperature and finish cooking. It will require from two to three hours to roast. Roast Shoulder of Lamb may be stuffed with the following dressing:*

2 cups of bread crumbs
½ cup sour apples chopped
¼ cup celery chopped
1 cup currants
¼ cup chopped cooked bacon, salt and pepper

*Any favorite recipe may be used instead of the one suggested, or this cut of lamb may be prepared without dressing.

Baked Neck Slices

Remove the vertebrae. Season and flavor the meat. Wrap in bacon slices and skewer. Fry in fat until brown, add vegetables and water; cook until tender which will require about one hour. If preferred, the neck slices may be dipped in beaten eggs and then in crumbs and cooked in a moderate oven until tender. It will require about the



Baked Neck Slices
Garnished With Glazed Prunes, Celery Hearts, and Whole Cooked Onions

same length of time for cooking. When done remove to a platter. Garnish with parsley or watercress, glazed prunes and whole cooked onions, seasoned and sprinkled with a dash of paprika. To prepare the glazed prunes, soak dried prunes overnight or for several hours in cold water until plump. Cook until tender. Add three-fourths cup sugar and continue simmering until the prunes are very plump and glazed.

Roast Loin of Lamb with Apples, Browned Potatoes and String Beans

Wipe with damp cloth and season the meat with salt, pepper, and a little onion juice, place on a rack in a baking pan, and bake in a moderate oven for from one and one-half to two hours. An hour before serving time, core tart apples and arrange around the lamb. Pare medium sized potatoes, place these around the lamb and cook for three-quarters of an hour. The last twenty minutes, add canned string beans and fill the apples with red jelly and finish cooking. Use some of the apples and some of the browned potatoes with lettuce leaves or parsley for garnish.

Saratoga Chops

Wipe chops with damp cloth. Season with salt and pepper. Skewer and wrap the Saratoga Chops in bacon. Broil or fry and serve around a mound of peas held in place by a ridge of mashed potatoes. Arrange each chop with a spiced whole pear. Garnish with parsley between chop and peas.

Baked Chops with Dressing

Lamb Chops, Frenched.

One cupful bread-crumb dressing as for fowl, seasoned with onion, sage, thyme, summer savory, salt, pepper and one-half teaspoonful Worcestershire.

Brown both sides of the chops quickly in a very hot frying pan. Place on each a little mound of dressing and arrange on a rack of a covered roaster. Add hot water to cover the bottom, adjust the lid and bake until the chops are done, twenty-five to thirty-five minutes according to thickness. Uncover and place under the broiling flame long enough to brown the dressing. Encase the bones with garnish and arrange on a chop platter with water cress or parsley. Garnish may be potato balls parslied, carrot balls, cranberries in season, etc.

Baked Shoulder Chops with Stuffed Onions

Parboil six or eight medium sized onions, depending upon the number to be served. Wipe lamb chops with a damp cloth, season with salt and pepper and brown in hot fat. Remove the centers from

the cooked onions, season with salt and fill the onions with grated American cheese and cracker crumbs. Place a little butter and a sprinkle of sugar on top to glaze. Cover with strips of bacon, arrange the stuffed onions around the chops and bake about thirty minutes. Serve the chops and the stuffed onions with a baked potato. Garnish with spiced peaches or pears and parsley. Sprinkle a little paprika on just before serving.

Lamb Stew

2 pounds of lean raw lamb
2 tablespoons butter or lard
¼ cup onion (browned with lamb)
1 quart water, flour, if desired
Salt and pepper
8 or 10 medium uniform sized onions
12 medium sized carrots
8 or 10 medium uniform sized potatoes
Small cabbage cut in quarters with the core retained
Celery cut in lengths of from three to four inches
Green beans

Breast, shoulder, neck, flank, and trimmings are all good for lamb stew. Wipe the meat with a damp cloth, and roll in flour. Melt the butter, add the onion, cook until it turns yellow. When the meat and onions have browned delicately, put them in a kettle, and add the water, first pouring it into the skillet to get the browned fat. Cover and simmer for three-quarters of an hour. Then add the whole onions, the green pepper, the carrots and the celery. Continue to cook for one-half hour. Add cabbage and potatoes and finish cooking.

If the stew is not thick enough, add one tablespoon of flour mixed with two tablespoons of cold water, and cook for several minutes longer, stirring constantly.

In serving lamb stew, to add variety, place the meat in the center of the platter and arrange the vegetables in groups around the meat, all the potatoes together, all the carrots together, with a mound of parsley between, etc. This makes an attractive way of serving lamb stew and a molded tomato salad is a very suitable accompaniment.

Lamb Stew
Vegetables Grouped With Parsley Between and Tomato Aspic Shown in Small Cut

Crown Roast

The Crown Roast is an exceptionally attractive way of serving some of the higher priced portions. It is made from the ribs into the shape of a crown. The ends of the ribs are "Frenched." In preparing for cooking, the ends of the ribs must be protected from charring. This may be done by wrapping the tips with fat pork or bacon or by putting a small uncooked potato on the end of each rib. The base of the rib must also be protected from oven heat so that the bones will not be burned. The center of the crown may be filled either with dressing or with ground lamb. This helps to keep the crown in shape.

Crown Roast is roasted as any other meat. To serve, remove the fat or whatever has been used on the ends of the ribs. The ends of the ribs may be garnished with raw cranberries or parslied potato balls or carrot balls or with paper frills. A whole cauliflower may be placed on the dressing or on whatever has been placed in the center of the crown. The base of the crown roast may be garnished with cinnamon apples, whole cooked onions and parsley or it may be garnished with potato cups filled with peas or cut string beans. Bright colored relish in lettuce leaves and parsley, or rings of pineapple filled with mint jelly or with red jelly, halves of cooked buttered carrots may be used. A few of the cauliflower roses may be taken off and used as a garnish if cauliflower is used in the center of the crown roast.

To serve the crown roast, each rib is cut down through and a portion served to each person with some of the ground meat from the center.

Lamb Liver is highly nutritious and may be used instead of calf's liver or pork liver if desired. The following recipes suggest a possibility of utilizing liver:

Lamb Liver Smothered with Onions

Wash in cold water. Roll in seasoned meal. Fry until half done. Cover with sliced onions, seasoned. Add one cup of milk and finish cooking over a low fire or in a slow oven.

Liver Loaf

Parboil half pound of Lamb liver and one onion in salted water. Remove, drain, put through the food chopper with three slices of uncooked bacon. Add one cup of cracker crumbs, one cup of tomato juice and one egg beaten slightly. Season with salt and pepper and mold into a loaf. Cook in a shallow pan.

Either of the above recipes served with baked potatoes, string beans and cole slaw, will make a highly nutritious meal.

Crown Roast
Garnished With Curled Celery, Cinnamon Apples, Whole Cooked Onions and Cauliflower

Ways of Using Cold Lamb

Tomatoes Stuffed With Lamb Salad

2 cups cooked lamb
1 tablespoon vinegar
⅛ teaspoon pepper
1 cup celery, diced
Mayonnaise dressing
2 tablespoons oil
½ teaspoon salt
1 hard cooked egg
1 teaspoon onion chopped
caper if desired
6 large tomatoes

Cube meat and marinate for one-half hour or longer in a dressing made of oil, vinegar and seasonings. Combine meat with chopped egg, celery, and mayonnaise dressing.

Cut a slice from the tops of firm, ripe tomatoes, remove pulp and seeds, fill with the salad mixture and replace tops. If salad is to be carried on a picnic, wrap each tomato in paraffin paper.

Baked Lamb Loaf

2 pounds lamb shoulder, ground
1 cup bread crumbs
1 onion, minced
1½ teaspoons salt
½ green pepper, minced
1 egg
1 cup stock or milk
Pepper

Mix all ingredients thoroughly and shape into a loaf in a buttered baking dish. Place in a moderately hot oven (450° F.) and cook for 1½ hours.

Molded Lamb Loaf

2 tablespoonfuls acidulated gelatine
1 cup cold water
1 stalk celery
½ tablespoonful chopped green pepper
½ tablespoonful chopped sweet pickles
2 cups of chopped cooked cold lamb
½ cup canned pimentoes, cut in thin strips
½ tablespoon finely chopped parsley
2 cups of stock, well seasoned; season with mint

Soak the gelatine and one-half teaspoonful of flavoring. Add onion and celery to stock, bring to boiling point. Let boil three minutes and pour over soaked gelatine. When the mixture begins to thicken, add meat, pimentoes and chopped parsley. Turn into a wet mold and chill. Remove from mold and slice. Garnish with parsley, one-half of pineapple filled with currant jelly, and sliced pickles.

Lamb and Nut Mousse

¾ cup minced lamb
¾ cup pecans
1 cup lamb stock
3 egg yolks
1 cup whipping cream
Salt, cayenne, paprika (Worcestershire) sauce

Pour stock over beaten egg yolks. Cook until thickened. Add gelatine which has been dissolved in cold water. When it begins to thicken fold in whipped cream, add lamb and chopped nuts, pour into mold into which has been placed for garnish a pecan nut, a thin slice of green pepper or pimento or a piece of a stuffed olive.

Lamb mousse or any of the foregoing recipes for uses of cold lamb may be suggestions for the main course of buffet parties or luncheons and are possibilities for dishes during the warm weather.

Killing and Dressing

(Prepared by E. F. Rinehart, Department of Animal Husbandry)

LAMBS are held off feed, on water alone, for twenty-four hours before slaughter at the packing plants. On the farm, feed lot lambs should be handled the same way. Because of fretting and nervousness, milk lambs cannot be held away from their mothers this long. It is best to have the lamb prepared without the paunch full of feed, especially hay or grass. If killed full of feed, gases may form while skinning and dressing. This may affect the flavor of the meat. The fleeces should be dry.

Killing and dressing are very simple. A clean dry place to work, a place to hang the carcass, a pail of hot water, a clean cloth, a piece of rope and a sharp knife are all that are needed.

The lamb is placed on its side on the grass or on a box with its back to the operator. The lower jaw is grasped at the end of the groove by the left hand and the lamb is held firmly by placing the right knee on the chest. Until experienced, some prefer to tie the feet.

The knife is held with the sharp edge outward and the back to the vertabrae. The point is placed at the base of the ear, in the angle between the jaw-bone and neck. It should be pushed clear through the neck and the cut made outward, cutting the jugular vein, windpipe, flesh and skin of the throat. Then, by keeping the left hand under the end of the lower jaw, placing the right hand on the poll and giving a quick jerk backwards, the neck is easily broken, making the lamb unconscious to pain.

Skinning and dressing should be done as quickly as possible. Skinning is done by starting at the front legs and working backwards with the lamb on its back, hanging up by the hind legs for the completion of the operation. The head should be removed when skinning and the end of the oesophagus loosed at this time.

The lamb is then split downward and the intestines, bladder and stomach removed, drawing out the oesophagus with the stomach. The liver should be removed, the gall bladder immediately taken off, and the liver cooled as quickly as possible. The chest is split along one side of the breastbone and the heart and lungs removed.

Particles of blood and dirt are removed by a cloth wrung out in hot water. The carcass is hung where it can be quickly cooled without exposure to flies or other insects. When thoroughly cooled it is ready for cutting up for the kitchen. A meat saw is necessary to do a good job of cutting in accordance with the meat chart on the following page.

Standard Lamb Cuts

1. Leg
2. Loin
3. Ribs
4. Breast
5. Shank
6. Shoulder
7. Neck

UNIVERSITY OF ARIZONA LIBRARY